USER GUIDE
/INSTRUCTION MANUAL

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INTRODUCTION

Congratulations on your purchase of a Sportline SnapShot Pedometer. The Snap-Shot Pedometer features a highly advanced pedometer technology that accurately measures your body movements when worn from multiple locations on the body and in multiple orientations.

Please keep in mind your pedometer is a sensitive technical instrument. With proper care and maintenance, it will last for many years. However, improper care and handling can cause the various sensors to be damaged and to stop function-ing.

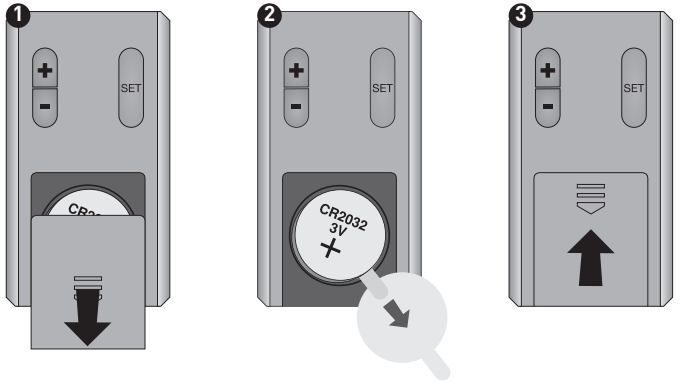
HOW TO USE THIS MANUAL
Please read all sections of this manual carefully and become fully familiar with the operation of the pedometer before using it in the field. Proper setup and op-eration will greatly enhance the pedometer's usefulness and your enjoyment. The steps for the programming or operation are adjacent to the screen illustration. Key points and important information are shown in highlighted blocks.

CUSTOMER SUPPORT
If you have questions, comments or need assistance with your Sportline Snapshot Pedometer, you may contact Customer Support by calling **1-866-694-4575**.

REMOVING BATTERY INSULATOR TAB

NOTE: In order to activate your pedometer after purchase, you must remove the battery insulator tab inside the battery compartment.

1. Slide the battery compartment cover toward the bottom edge of the unit.
2. Remove the tab and be sure that the battery is in the correct polarity position (positive (+) side of the battery is visible).
3. Replace the battery compartment cover and fasten by sliding back into place (NOTE: cover will "click" into place and automatically seal).
4. Remove the label that appears on the pedometer display.



PROGRAMMING THE PEDOMETER

In order to ensure exercise data is as accurate as possible, you must complete the following steps to enter your personal profile:

1. Enter the Programming Sequence by **PRESSING & HOLDING** the **SET** key on the back of the unit for approximately 3 seconds.
2. Select unit of measure (metric or imperial) by **PRESSING** the **+** or **-** keys on the back of the unit. **PRESS** the **SET** key again.
3. Adjust Weight (in pounds or kilgrams) by **PRESSING** the **+** (to increase) or **-** (to decrease) keys. **PRESS** the **SET** key to accept value and advance to set Height.

To adjust value:
PRESS + OR -
To accept and advance:
PRESS SET

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PROGRAMMING THE PEDOMETER

4. Adjust Height by **PRESSING** the **+** or **-** keys. **PRESS** the **SET** key to accept value. The unit will automatically calculate your Stride Length.
5. **PRESS** the **SET** key to accept this value or you can adjust your Stride Length (see "Determining Stride Length" in far right panel) by **PRESSING** the **+** or **-** keys.
6. **PRESS** the **SET** key. The unit is now programmed and ready for use!

OPERATING/RESETTING THE PEDOMETER

OPERATING THE PEDOMETER
The SnapShot Pedometer automatically begins capturing data once movement occurs. There are no Start or Stop buttons to push.

TO CLEAR ALL CURRENT PEDOMETER DATA:
1. Press & Hold the RESET key on the front of the unit.
2. Continue holding as the display reads "RESET".
3. When pedometer data reads zeros (0), release the RESET key. The unit is now ready for a new workout.

   NOTE: Your personal profile settings will be saved.

MEASURING STRIDE LENGTH

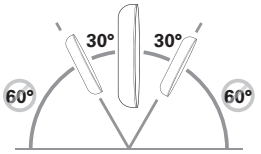
HOW TO MEASURE YOUR STRIDE LENGTH

The Snapshot Pedometer automatically sets your stride length based upon your height input during the Set Up sequence. You may choose to adjust this stride length. To obtain your personalized measurement, see below.

1. To find out what your stride is, walk or run 10 steps and then measure the distance with a tape measure from the first step's toe to the 10th step's toe.
2. Divide your total distance by 10 to get your average stride length.
3. For a quick estimate, walk 3 steps, measure the distance, and divide by 3. The more steps you take, the more accurate and realistic your stride will be. An average walking stride for a female is 2 feet (24 in.), a male is 2.5 feet (30 in.).

HOW TO WEAR THE PEDOMETER

The Sportline Snapshot Pedometer displays all your data in a single, organized window. There is no need to scroll through displays.



HOW TO WEAR YOUR PEDOMETER

For most accurate measurements, Sportline recommends inserting the unit into a tight, secure pocket.

For most accurate pedometer readings:

1. Position the unit in a vertical orientation (angle of 30° or less – see illustration). Important: positioning the unit horizontally (display flat to the ground) will compromise accuracy.
2. Secure the unit as close to the body as possible (Do not insert into pocket of loose clothing).

   NOTE: This Pedometer will be most accurate when worn close to the body. If the Pedometer is loosely contained in a pocket, accuracy may be compromised.

REPLACING THE BATTERY

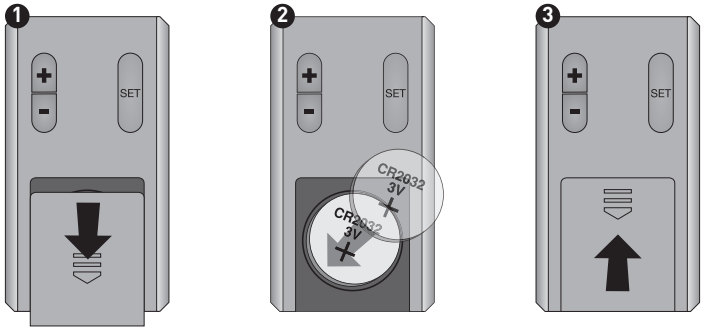
The Sportline Snapshot Pedometer uses one CR2032 3V lithium battery.

Battery replacement will be required from time to time, and should occur when:

1. The display fades in part or completely
2. The pedometer function will not activate

TO REPLACE THE BATTERY:

1. Slide the battery compartment cover toward the bottom edge of the unit.
2. Remove the exhausted battery from the unit, and insert a new battery (be sure to place the positive (+) side of the battery is visible, facing toward the battery compartment cover).
3. Replace the battery compartment cover and fasten by sliding back into place).



WARNINGS & CAUTIONS

WARNING: Before starting any exercise program or performing any vigorous physical activity, we strongly suggest you visit your doctor for a complete physical and to discuss your plans.

CAUTION: Pedometers are not water resistant.

AVOID exposing the Pedometer to extreme conditions.

AVOID rough uses or severe impacts to the Pedometer.

CLEAN the Pedometer occasionally with a soft, dry cloth.

STORE the Pedometer in a dry place when it is not in use for a long time.

CARE & MAINTENANCE

- **NEVER** get the pedometer wet. This unit is not water resistant.
- **NEVER** attempt to disassemble or service your unit.
- **DO NOT** expose the unit to extreme heat, shocks, magnetic fields, electrical noise, strong vibration or long-term exposure to direct sunlight.
- **DO NOT** drop or step on the pedometer.
- **TO CLEAN** the unit: wipe with a lightly moistened cloth. Apply mild soap to the area if there are stubborn stains or marks. Do not expose the unit to strong chemicals such as gasoline, cleaning solvents, acetone, alcohol, insect repellents, as they may damage the unit's seal, case and/or finish.
- **STORE** the unit in a dry place when you are not using it.

BATTERY SAFETY INFORMATION

⚠ **CAUTION – BATTERY SAFETY INFORMATION**

- Non-rechargeable batteries are not to be recharged
- Rechargeable batteries must be removed before recharging
- Rechargeable batteries should only be recharged under adult supervision
- Do not mix alkaline, standard (carbon-zinc), or rechargeable (nickel-cadmium) batteries
- Exhausted batteries are to be removed
- Do not mix old and new batteries
- Do not dispose of batteries in fire; batteries may explode or leak
- Do not dispose of product in fire; batteries may explode or leak
- If this product will not be used for an extended period of time, remove the batteries from the product
- The supply terminals are not to be short-circuited
- Batteries are to be inserted with correct polarity
- Clean the battery contacts and also those of the product prior to battery installation
- As always, dispose of batteries in an eco-friendly manner

The purpose of the crossed-out wheelie bin symbol is to remind us that most electrical products, and batteries, contain trace elements (including Mercury – Hg, Cadmium – Cd and Lead – Pb) which could be harmful to our environment and therefore our health. We must all be careful to dispose of them responsibly in a specifically designated way – either using a collection scheme or into the correctly labeled civic amenity (NOT into general waste) – this will help your local authority to arrange to recycle or dispose of them in the appropriate manner.

WARRANTY

GUARANTEE CERTIFICATE – FOR PURCHASES MADE IN THE U.S.

If at any time within one (1) year from the purchase date of this product, it fails to perform properly because of defects in material or manufacturing, return it prepaid to:
EB SPORT GROUP, 585 OAK RIDGE ROAD, HAZLETON, PA 18202

Complete this Guarantee Certificate and enclose it (or a copy of it) with the product.

(PLEASE PRINT CLEARLY)

NAME **PHONE**

ADDRESS

STORE PURCHASED FROM

DATE OF PURCHASE **PURCHASE PRICE**

STATE **ZIP**

PROBLEM WITH PRODUCT

REPLACEMENT

This product has been carefully designed, manufactured and packaged. If any parts are missing or damaged, please contact us at the address above and we will replace the unit at no charge. (Guarantee does not cover crystal or battery.)
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FOR PURCHASES MADE IN THE UK:

Should you experience problems with this item, please return it to the point of purchase. This will not affect your statutory rights. Alternatively return it to the address shown below for a repair/replacement.
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Worcester WR4 9FA
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